

CLAIMS

What is claimed is:

1. A device for improving the balance and proprioception of a user, comprising:
 - an arcuate roof extending upwardly from opposed footings to an apex thereof, the arcuate roof having an upper surface, a lower surface and opposed lateral side regions, and a longitudinal centerline extending from one base end to the other base end; and
 - a pair of sidewalls extending downwardly from the lateral side regions of the arcuate roof, the sidewalls combining with the arcuate roof to define an enclosed space, and the sidewalls having a concave profile extending laterally towards one another.
2. The device of claim 1, further comprising an overmold configured to enshroud the upper surface of the arcuate roof and including a frictional surface to engage with footwear of a user.
3. The device of claim 2, wherein the overmold is formed of one or more of rubber and plastic.
4. The device of claim 2, wherein the surface of the overmold includes a series of raised ridges providing improved traction with footwear of a user.

5. The device of claim 2, wherein the sidewalls each have a base edge, and wherein the overmold further enshrouds the footings of the arcuate roof such that when the unloaded device is placed on a flat surface, the base edges of the sidewalls are raised above the surface as the overmold contacts the surface.
6. The device of claim 1, further comprising at least one arcuate bracing rib formed on the lower surface of the arcuate roof and extending substantially from one base edge of the arcuate roof to the other base edge of the arcuate roof.
7. The device of claim 6, wherein the at least one bracing rib comprises two bracing ribs each having a concave profile extending laterally towards one another.
8. The device of claim 1, wherein the lateral side regions of the arcuate roof are curved in shape to form a smooth transition region between the arcuate roof and the sidewalls.
9. The device of claim 1, wherein the footings of the arcuate roof have a convex profile extending outwardly along the longitudinal centerline away from one another.
10. The device of claim 1, wherein the sidewalls each have an outer surface and an inner surface, and further comprising:
 - an emboss formed on the sidewall inner surface; and
 - a deboss formed on the sidewall outer surface and configured to matingly receive the emboss of another balancing device therein to secure the two balancing devices together when one balancing device is placed substantially within the enclosed space of the other balancing device.

11. The device of claim 1, wherein the arcuate roof and the pair of sidewalls are molded into a single unitary body.
12. A balancing device, comprising:
 - an arcuate roof extending upwardly from opposed footings to an apex thereof, the arcuate roof having an upper surface, a lower surface and opposed lateral side regions, and a longitudinal centerline extending from one base end to the other base end; and
 - a pair of sidewalls extending downwardly from the opposed lateral side regions of the arcuate roof to form base edges of the sidewalls, the sidewalls combining with the arcuate roof to define an enclosed space;
 - wherein a base perimeter edge of the device formed by the opposed base edges of the arcuate roof and the base edges of the sidewalls presents a shape that is non-circular.
13. The device of claim 12, wherein the footings of the arcuate roof have a convex profile extending outwardly along the longitudinal centerline away from one another.
14. The device of claim 12, wherein the sidewalls have a concave profile extending laterally towards one another.
15. The device of claim 12, further comprising an overmold configured to enshroud the upper surface of the arcuate roof and having a frictional upper surface to engage with footwear of a user.

16. The device of claim 15, wherein the upper surface of the overmold has a series of raised ridges providing improved traction with footwear of a user.
17. The device of claim 15, wherein the overmold further enshrouds the footings of the arcuate roof such that when the unloaded device is placed on a flat surface, the base edges of the sidewalls are raised above the surface as the overmold contacts the surface.
18. The device of claim 12, further comprising at least one arcuate bracing rib formed on the lower surface of the arcuate roof and extending from a point proximal to one base edge of the arcuate roof to the other base edge of the arcuate roof.
19. The device of claim 18, wherein the at least one bracing rib comprises two bracing ribs each having a concave profile extending laterally towards one another.
20. The device of claim 12, wherein the lateral side regions of the arcuate roof are curved in shape to form a smooth transition region between the arcuate roof and the sidewalls.
21. The device of claim 12, wherein the sidewalls each have an outer surface and an inner surface, and further comprising:
 - a emboss formed on the sidewall inner surface; and
 - a deboss formed on the sidewall outer surface and configured to matingly receive the emboss of another device therein to secure the two devices together when one device is placed substantially within the enclosed space of the other device.
22. A balancing device, comprising:
 - a unitary body formed of an arcuate roof having a perimeter comprised of opposed footings and opposed lateral side regions, and a pair of sidewalls

extending downward from the opposed lateral side regions to form base edges of the sidewalls; and

an overmold configured to enshroud the arcuate roof and having a frictional surface to engage with footwear of a user;

wherein an opening defined between the arcuate roof opposed footings and the base edges of the sidewall allows another balancing device to be inserted therein such that multiple balancing devices may be stacked on top of one another.

23. The device of claim 22, wherein a longitudinal centerline extends from one base edge to the other base edge, and wherein the opposed base edges have a convex profile extending outwardly along the longitudinal centerline away from one another.

24. The device of claim 22, wherein the sidewalls have a concave profile extending laterally towards one another.

25. A balancing device, comprising:

an arcuate roof extending upwardly from opposed footings to an apex thereof, the arcuate roof having opposed lateral side regions; and

a pair of sidewalls extending downwardly from the lateral side regions of the arcuate roof and having an inner surface and an outer surface, the sidewalls combining with the arcuate roof to define an enclosed space, the inner surface having an emboss formed thereon and the outer surface having a deboss formed therein and configured to matingly receive the emboss of another balancing device therein to secure the two balancing devices together when one balancing

device is placed substantially within the enclosed space of the other balancing device.

26. The device of claim 25, wherein the emboss on the inner surface of the sidewalls is at a lower position than the deboss on the outer surface of the sidewalls so that multiple balancing devices may be secured on top of one another in stacked relation.